



Our Focus

Effects of Age and Pathology on Sensory Motor Control

Dr. Jacob Sosnoff and his team focus on balance and gait. More specifically, the team looks at the following:

- Risk, mechanisms and prevention of falls in people with MS
- How gait and balance are affected by MS
- Cognitive motor interference in walking
- Theoretical motor control



Contact Us!

906 S Goodwin Ave

Urbana, Illinois 61801

(217) 300-1696

StopFallsMS@illinois.edu

publish.illinois.edu/motorcontrol

Interested in participating?

Want more info?

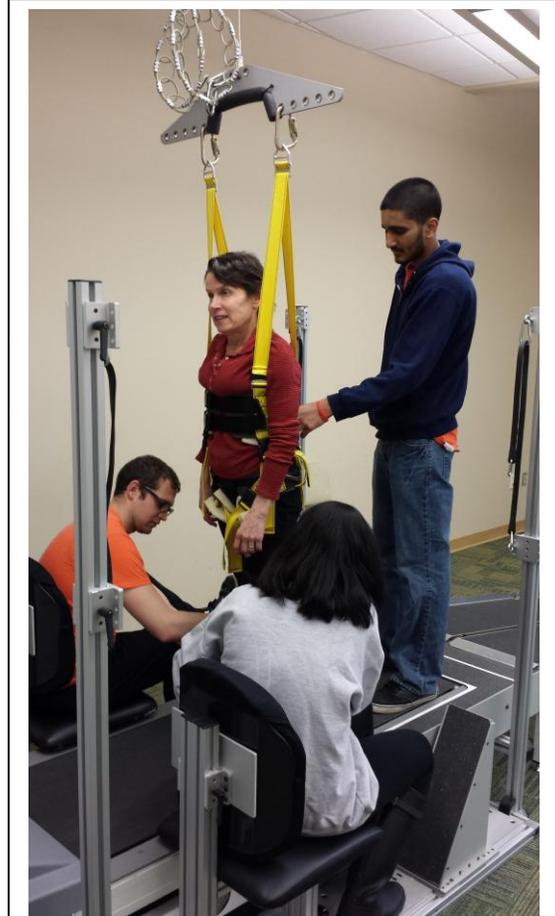
Email Jen Wajda

jwajda@illinois.edu



Motor Control Research Lab

University of Illinois
Champaign-Urbana



Research Tools

Body Weight Supported Treadmill:

A repetitive motion system to help those with spinal cord injuries, brain trauma, strokes, and other neurological dysfunctions walk again

Zeno Walkway:

A system with embedded sensors that are triggered when pressure is applied to create digital gait patterns to analyze

Force Platform:

A device that measures variations in downward force between different points on its surface to assess the stability of posture as a person stands or sits on it



Research Participants—we need your help!

The MCRL in the Department of Kinesiology at the University of Illinois is working to help prevent falls in people with MS.

You may be able to qualify for our **free exercise based research programs.**

Current Studies:

Cognitive-motor interference rehabilitation in persons with multiple sclerosis

- The effects of multitasking on walking

Fall Risk Reduction in Multiple Sclerosis

- The effects of home-based exercise programs on falls

Principal Investigator:

- Professor Jacob Sosnoff

Because we have multiple studies going on, we are always in need of participants. Specifically, we are looking for people with MS that match some or all of the following items:

- **Trouble staying focused**
- **Difficulty keeping track of two things at once**
- **Interest in home-based exercise programs**
- **Interest in contributing to ongoing research to prevent falls for people with MS**

